



## Community & Family Health Services

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P.O. Box 5000  
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[www.islandcounty.net/health](http://www.islandcounty.net/health)

# H1N1 Vaccine Information For Adults Over 64

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**Every year adults over the age of 64 are encouraged to get a flu shot. This is still true for seasonal flu. So what is different this year?**

The CDC has determined that the people most at risk for complications from the novel H1N1 flu strain are pregnant women and children. It is unknown at this time why these groups of people get very sick more often.

**Current information indicates that persons over the age of 64 are less likely to become ill with this new flu strain.**

### What You Can Do

- Everyone is encouraged to get the seasonal flu vaccine.
- Wash your hands frequently, and cover your cough and sneeze.
- Stay home from work or social activities if you are ill.
- If you have a fever, stay home until you have been fever free for 24 hours without the use of fever-reducing medicine.

**Once people in the priority groups have been vaccinated, providers will be able to offer the H1N1 vaccine to adults of every age, and there will be enough for everyone by December.**

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**For more information visit: [www.flu.gov](http://www.flu.gov)**

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## **H1N1 Priority Groups**

The Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) recommend that the following groups receive the 2009 H1N1 influenza vaccine:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by “cocooning” them from the virus;
- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months through 24 years of age**
  - **Children from 6 months through 18 years of age** because cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other in school and day care settings, which increases the likelihood of disease spread, and
  - **Young adults 19 through 24 years of age** because many cases of 2009 H1N1 influenza have been seen in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

There is some possibility that initially the vaccine will be available in limited quantities. In this setting, the committee recommended that the following groups receive the vaccine before others:

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency medical services personnel with direct patient contact,
- children 6 months through 4 years of age, and
- children 5 through 18 years of age who have chronic medical conditions

For more information visit: [\*\*http://www.cdc.gov/h1n1flu/\*\*](http://www.cdc.gov/h1n1flu/)